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YOU KNOW ?— YOU KNOW !—YOU KNOW.

by Robert A. Monroe

An interesting phenomenon has entered our American vocal culture. How and where and why it began is one for the curious psychologists to check out. An expression of an unconscious desire for implied closeness and communality? To prove how big it is, mentally count tomorrow the number of times others use those two words out of context in conversation, even in TV and radio interviews where there is no script.

It's astounding, you know?

So! Let's see how it feels in written form.

Webster's Dictionary calls hindsight "the ability to see, after the event, what should have been done..."

The Hindsight labeled herein is much more than this. You know? Shoulds and oughts are but a small part of the story. You have this gift all your life, you know, and one of the things it's supposed to do is to keep you from making the same mistake twice. Most of the time it doesn't work too well, you know. Your emotions and ego get in the way.

If you're smart, you know, you apply more than this obvious negative. You look at the strong part of what you did and were, and, you know, use the same action in a bigger and better way the next time. Also, when you look back, you see you really didn't have any choice. Most of the time, you simply were in over your head. You didn't have the training nor experience to act in any other way, you know?

As you get to a certain age, you have so much of this life experience that, you think it's a shame that most of it will go to waste. If you can't use it, you know, why not unload it and perhaps it will help someone else.

Egotistic do-goodism of the worst sort. You know? But in this case, a strange twist came to the surface. I got curious. Why did I do this? Why did I do that? Where did that particular idea come from? How could I have been so stupid? With a detached overview, looking back candidly brought a wild mixture of compassion, laughter, disgust, emotions, empathy, and strange mysteries that demanded an answer—or at least a measured opinion. Much of it was

as if I were probing the life of a stranger as examined from my present state of consciousness. You know?

I am sure each of us has the same loading, you know, much of it probably the same. Still, it takes a special type of courage to talk about it, even at an older age in an era where almost anything goes. Too embarrassing, you know! Yet you can talk about people and events mostly long past, and none of them will care. They likely have gone on to other places where they can watch with amusement.

Mine is not courage, but fun. No one can get hurt from the telling, not even me. It may be that somewhere along the line, you know, another will feel less lonely when it becomes known that others felt the same way when the same thing happened to them. First and most important, the basic laws of Earth Life existence. They offer explanation exactly why you act and think the way you do, you know, at a given time in your life. We don't want to admit they rule us— but they do, you know?

1. The Law of Change. All of man's wars and worries, you know, relate to this one. We feel that something will happen and you know, we try to prevent it. Or fight against it. In other cases, we try to speed up the process because we don't like the way things are. Yet change is inevitable, you know? You and the world are not the same as you were one minute ago.
2. The Law of Cause & Effect. We always like the authority but usually try to duck the responsibility, you know. There is indeed a reaction to every action, even, you know, long after the event.
3. The Law of Survival. Survival of the individual in a predator world so that the species will survive. Neady tied together in one bag, this includes, you know, sex drive, food, and all the attachments thereto.
4. The Laws of M Field Energy.

Throughout history, it has been given many labels. Therefore, the attempt here in calling it "M" is, you know, to be as neutral as possible. This is the one that gets us into the most irrational trouble, you know? Because it is the one area about which our "advanced" civilization knows very little. Thousands of beliefs, you know, but no acceptable knowledge. Yet we use it to think, get ideas, experience love and emotion, and much more. YOU know!

Also, we use it, you know, just as human eras before us, to pass and enforce odd rules and regulations, establish religions, goals, philosophies, etc., all without a firm foundation of

knowledge. When nothing else works, blame it on the M Field. You know, the source of many, many shoulds and oughts.

These laws are the baseline of my Here-Now being, you know, incontrovertible knowing of the first three Laws, plus at least a smattering of the fourth. A candid retrolook and investigation, you know, of one's earlier self with these as measurement is something else again.

It's worth a try. You know?

[NUMBER OF "YOU KNOWS" USED: 33. You KNOW!]

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